

Colorado County 4-H Food Show held Nov. 8

Eleven members of Colorado County 4-H clubs participated in the County Food Show on Monday, Nov. 8, at the County Agriculture Building.

There were four categories: Main Dish (MD), Fruit & Vegetable (F&V), Bread, Cereal & Pasta (BC&P) and Nutritious Snacks (NS).

Participants competed in one of three age divisions: sub-junior, eight to 10 years; junior, 11-13; and senior, 14-18 years of age.

4-Hers competing in this event are currently enrolled in a Foods and Nutrition project. They completed a Food Show Record Form, prepared and presented their dish to a panel of judges. Members gave a three minute presentation about their dish to the judges and answered questions about the food groups, nutrients and steps in preparing the dish.

Sub-juniors participating were Kayla Pfeffer, Frelsburg 4-H, MD, 1st place; Dustin Braden, Live Oak 4-H, MD; 2nd; Meagan Ross, 4-H Challengers, F&V, 1st; Cassidy Wiedo, 4-H Challengers, BC&P, 1st; and Lauren Trojacek, Frelsburg 4-H, NS, 1st.

Stacy Markwardt, Frelsburg 4-H, 1st place, junior BC&P category.

Senior division participants were Richanne Waddle, Riverside 4-H, MD, 1st place; Patti Koch, Live Oak

4-H, MD, 2nd; Hillary Thompson, Riverside 4-H, F&V, 1st; Brandy Tuck, Live Oak 4-H, BC&P, 1st; and Lora Weishuhn, Frelsburg 4-H, NS, 1st.

The objectives of the Food and Nutrition projects are:

- understand the interrelationship between food preparation, science and nutrition.
- understand that all individuals need the same foods, but in varying amounts, depending on age, sex and lifestyle.
- develop appropriate eating habits.
- learn to select and purchase food in order to get the most nutrition for the money spent.
- develop management skills to plan, prepare and serve nutritious meals and snacks.
- understand the social and cultural roles of food in daily living.
- develop leadership and work skills to enhance personal growth and citizenship.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

4-H members placing first in the Colorado County Food Show will advance to the District 11 Food Show which will be held Saturday, Dec. 4, in Goliad.

CHRISTUS providing service to Rice Hospital

Following an agreement which became effective Sept. 1, CHRISTUS Health's Gulf Coast Region is providing management services for Rice Medical Center (RMC).

The board of RMC unanimously approved the agreement with CHRISTUS Health's Gulf Coast Region in July.

"By providing management services to RMC, we are fulfilling our mission to extend the healing ministry of Jesus Christ," said Sally Jeffcoat, president of CHRISTUS Health's Gulf Coast Region.

"The agreement will also link the new CHRISTUS St. Catherine Health and Wellness Center in Katy and CHRISTUS Health with rural and medically underserved areas to the west of Houston." CHRISTUS St. Catherine will open in Feb. 2000.

The management agreement provides RMC with a chief executive officer and any other purchased or

shared services accessed through CHRISTUS, at cost to RMC.

Under the agreement, RMC remains an independent hospital, governed by the RMC board.

"RMC faces difficult times because of reduced reimbursement associated with the Federal Balanced Budget Act," said David Keith, RMC Chief Executive Officer. "CHRISTUS brings us the resources and expertise to remain viable and meet our obligations to the communities we serve."

CHRISTUS Health is a faith-based and wellness ministry consisting of 32 hospitals and long-term care facilities as well as dozens of other health services in Texas, Arkansas, Louisiana and Utah. Hospitals in CHRISTUS Health's Gulf Coast Region include CHRISTUS St. Joseph Hospital, CHRISTUS St. John Hospital and CHRISTUS St. Catherine Health and Wellness Center.

Thanksgiving Continued from Page 1

Health care enhanced by medical education and research.

Many of the foods shared nearly four centuries ago remain on holiday tables today. When prepared properly, they offer a cornucopia of low-fat, high nutrition. "Only recently have physicians known for sure that a diet high in saturated fat contributes directly to cardiovascular disease and indirectly to a host of other problems such as adult-onset diabetes, obesity and many kinds of cancer," Dr. Joseph said.

At this season when tradition rules our heart and our appetites, the staff at Scott & White urges everyone to do what they did at the first Thanksgiving... keep the tradition and lower the fat. Here are some ideas:

Turkey: Although now farm-bred for its tasty meats, turkey ranks high among meats for low-fat nutrition, deriving only 15 to 30% of its calories from fat. White meat, without the skin, is lowest in fat, but four ounces of either light or dark meat delivers 32 grams of protein plus 25% of an adult's recommended daily allowance of iron and 30% of the recommended zinc.

If your holiday tradition includes a goose, you're dealing with a much fatter bird. But you can trim the visible fat from the neck and cavity and liquefy some of the remaining tissue fat by boiling the bird for about a half hour before baking.

Roasting: Some historians maintain that roasting was a cooking method preferred by the ancient aristocrats, while peasants boiled their meat so that the fat would stay in the soup rather than being lost in the fire. Fatty broths were fine in the 17th century, but not so good today.

Roasting your turkey on a charcoal grill may be the closest you can get to the aristocrat tradition. For every ounce of fat lost, you gain plenty of aroma and flavor. If you prefer to use the kitchen oven, roast the turkey on a metal rack or a vertical roaster so that juices can drain away.

Stuffing: "Most stuffing is a nutritional blockbuster... filled with bread, apples, nuts, celery, onions and other good-tasting ingredients. Stuffing doesn't need the amount of fat that people usually add," said Dr. Joseph. "Placing the stuffing inside the bird allows it to soak up all the fat that would otherwise drain away." He recommends the stuffing ingredients be

mixed on top of the stove with a moderate amount of oil or margarine and some defatted stock. Then bake the stuffing in a separate dish alongside the turkey.

Cranberry sauce: Packaged cranberry sauces abound, some healthier than others. Be sure to read the labels for calorie and sugar content. "It's easy to make your own from fresh cranberries," said Dr. Joseph. "Besides the zippy flavor, you'll also get a healthy dose of fiber, potassium and Vitamin C with no fat."

Seasonal fruits and vegetables: Squash, pumpkin and sweet potatoes are rich in beta carotene and other important nutrients, said Dr. Joseph. Enjoy these roasted in the oven or steamed in the microwave with a scant dollop of butter. Opt for fresh fruits rather than canned to get the most nutritional value for your money. "Besides, when the flavors are fresh, you're less tempted to add sugar, salt or fat," he added.

Gravy: Alas, that villain of the groaning board! Take heart, you can have your gravy and eat it, too. "You can lower the fat content of gravy by spooning off all but a little of the drippings in the pan before starting to make the gravy," said Dr. Joseph. He offers a simple preparation tip:

Pour all the drippings into a container and put in it the freezer for 20 minutes while you let your turkey rest before carving. The solid fat that hardens at the top can then be skimmed away, leaving only the lean goodies in the gravy. This process virtually eliminates fats from the gravy. You can then thicken with a little cornstarch, if you wish.

Dessert: What's a holiday meal without pumpkin pie? Pumpkin pie contains 75% of the adult daily requirement of vitamin A, 20% of fiber and 10% of iron and potassium. "In terms of nutrition, it's a standout," said Dr. Joseph. "However, be sure that your recipe goes light on the eggs and whipped cream topping."

Cooking your food like the founding forefathers and foremothers may also reduce that modern-day horror... holiday weight gain.

"Many people gain about six or seven pounds between Halloween and Super Bowl Sunday. Using these sensible guidelines for holiday meals can help you offset those added pounds," concluded Dr. Joseph.

SHERIDAN LIBRARY NEWS

The Sheridan Library Board hosted an Appreciation Dinner honoring the 82 Friends of the Library on Friday, Nov. 12 at the Sheridan Community Center.

Forty-eight members attended the dinner, consisting of five varieties of soup, four kinds of sandwiches, dessert, tea and coffee. Board President, Zelda Walker, gave the welcome, followed the pledge led by Ruth Brisco, and the blessing by Natalie Dupre.

Lillian Gohlke gave a summary of the library year and Mary Lou Criswell recognized the Library Board members. Carolyn Brisco announced that Ed Parham was selected as the Volunteer of the Year and his name is being placed on the library plaque. Mr. Parham cheerfully lends his hand whenever assistance is needed. He helped tremendously with the three library fundraisers.

This year the library had its afghan and quilt raffle. Winning the afghan was Tina Martin from Alvin. The queensize quilt was won by Lucy Ross of Sheridan. Thanks to all who purchased tickets for the drawing.

Concluding the evening, door prizes were awarded.

Attending the dinner were Gordon & Beverly Mercer, Everett & Minnie Spittler, Dollie Botard and Maggie Brewer, Wayne & Natalie Dupre, Shirley Moore and Jenavee Peterson, Lloyd & Ora Spittler, Bill & Lillian Gohlke, Bill & Gail O'Neill, Gary Spittler, Willard & Irene Hagendorf, Eldon & Joyce Ohm, Eddie Ray & Lois Taylor;

Also, Jim & Carolyn Brisco, Bobby Haines, Ed & Kay Parham, Dean & Betty Varley, Grace Brisco, Carmen & Leigh Jackson, Martha Polach, Larry, Darnell, Tiffany and Kimberly Varley, Lavo & Ruth Brisco, Mary Lou Criswell and A.T. Blanchard, Phil & Elaine Mailloux, Franklin & Tricia Walker and Jean & Zelda Walker.

Special thanks to Dupre Lease Service for their donations to the dinner.

The library received book dona-

tions from: Linda Moreno, Jenny Peterson, Betty Varley, Carol Hobbs, Carolyn Rodgers, Virginia Lloyd and Carmen Jackson.

Audrey Richards donated videos and Charlene Rodgers donated phone books.

The library received the following memorials during Oct. and Nov.: in memory of A.L. Hartman: Bill & Lillian Gohlke;

In memory of Frankie Vanek: Bill & Lillian Gohlke;

In memory of "Slim" Warburton: Harry & Grace Brisco;

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

In memory of Albert & Earlene Botard's 50th wedding anniversary: Delene Hollub.

Virginia Lucille Guerrero and Antonio Guerrero Jr.; 11-12-99.

MARRIAGE LICENSE APPLICATION Francisco Hector Lopez and Erin Trinell Trahan; 11-12-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels; filed 11-10-99.

DIVORCES FILED Susanna Miller Wessels and Richard Dale Wessels;